



# SHAPE Info

*It's time to get into SHAPE!*

All events are sponsored by SHAPE / Navy Wellness

Nov / Dec 06

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## Staying Fit: The Ultimate Rightsizing

### THREE-PEAT!

by MAJ Brian C. Stehle

For the third time in as many meetings, the United States Army's PEO STRI volleyball team has defeated the United States Navy's NAVAIR team on October 12, 2006 as part of the SHAPE interservice rivalry. The weather cooperated and provided for a sunny day with temperatures in the mid eighties for this annual competition. In the best of three sets, the Army team was able to finish the game quickly by winning the first two. Each team arrived with the required six personnel and brief discussions with the officials set the stage for the game.

The Navy won the coin toss and chose their side, leaving the Army with the serve. Losing the coin toss seemed to set the tone for the beginning of this match with the Navy gaining a quick lead in the first set. The Navy jumped to an early 8-4 lead. This quickly shut down much of the Army's usual banter and forced them to reconsider their play. Team Captain, Major Brian Stehle was heard trying to motivate the team by telling them to keep the talk up.

This game plan, with the assistance of Army fan motivation, was the turning point in the match. The Army team was able to get into their groove and team members were able to start having fun. Once this hurdle was overcome, there appeared to be no stopping the Army team. Even though tension was high, the PEO STRI team proved they were 'Army Strong' in the face of adversity. On the verge of losing the first match, the Army trailed the Navy 14-8. After some missed serves by the Navy, some strong defense by the Army and motivational talk from the court and fans, Robert Puglisi (APM-L MRC) stepped up to serve and took the Army team into the lead and eventual win. The first set ended with a final score of 16-14. The second set proved less competitive as the Navy spirit seemed broken. The Army team substituted Victor Colon (PM STS) in for Luis

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**Army / Air Force Volleyball Challenge Winning Team:** Top row (left to right): Jose Pepin, Robyn Ingerham, Victor Colon, Luis Cruz-Torres; Front Row (L-R) Jeannette Perez, Rob Puglisi, MAJ Brian Stehle (Refer in the photo was from UCF)



**Navy / Marine Corps Volleyball Challenge Team:** Top row (left to right): Senior Chief Kirk Roudabush, ET2 Phil Corpuz, Master Chief Chris Weller, ??; Front Row (L-R): Jason Magno, Senior Chief John Tabor



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Cruz-Torres (PM GCTT) and the fresh blood seemed to hasten the Army victory. Rob Puglisi again served the Army to a final score of 15-6, gaining him the honor of Player of the Game.

It was great to have support from both teams' fans and both sides are looking forward to next year's meeting.



## Flu Shots

SHAPE / Navy Wellness is offering Flu shots at \$25 on both **7 Nov 06** and **13 Nov 06**, 0900-1100, in deFlorez Multipurpose room (room 1103).

This is your chance to greatly minimizing your chance in getting the flu or pneumonia this season!! **This event is open to all employees and their families.**

The following persons should NOT take the flu vaccine: (1) Those with an allergy to (a) eggs (b) gentamicin (or related aminoglycoside antibiotic) (2) Persons who have a febrile illness or another active infection. (3) Those with a past history of Guillain-Barre Syndrome. Persons under 18 and pregnant women cannot receive the shot.

The following persons should CHECK with their medical provider and obtain written recommendations prior to receiving the vaccination: (1) People taking Coumadin (Warfarin) of Theophylline preparations. (2) People taking cancer fighting drugs or large amounts of corticosteroids or whose immune systems are depressed for other reasons.

## Fleet Gym & SHAPE Center

All Center employees may use either the "Fleet Gym" in the deFlorez (1<sup>st</sup> floor south end of building), or the SHAPE Center in Research Commons Room 3024. Our SHAPE Center has Nautilus TimeMachine, Treadmill, Cross-Trainer, and Lifecycle!!

## Keep Your Diabetes Under Control With Less Meds

Are you addicted to carbs? Are you feeling lethargic after lunch? The cause may be low blood sugar. Oviedo Family Chiropractic will provide strategies to keep your sugar levels optimal at our Seminar on 15 Nov 06, 1200-1230, in the deFlorez Multipurpose Room.

Pre-register by sending your name, phone number, office symbol to "[shape@peostri.army.mil](mailto:shape@peostri.army.mil)" This seminar is open to all center contractors and family members. If family members attend, a Visit Access Request is required. Walk-ins are welcome.

## Turkey Bowl

**Go ARMY/Air Force!!**

**Go NAVY/Marine Corps!!**

On **16 Nov 06**, SHAPE / Navy Wellness will sponsor our 11<sup>th</sup> annual Army / Air Force versus Navy / Marine Corps Flag Football Challenge. It's time for both teams to get ready for the big football game!! Game time begins at 1500, at University of Central Florida (UCF). Encourage fan support!!

## Four Principles of Hand Awareness

The best way to prevent epidemics or pandemics is washing your hands. Following the 4 Principles of Hand Awareness you will be in virtual isolation regardless of the people around you. Direct contamination (inoculation) of your mucus membranes (eyes, nose or mouth) is how infectious disease enters your body. It is not wafting through the ventilation system in the building. Work together to minimize the fear factor of infectious disease pandemics. Only you are responsible for giving yourself the flu or flu-like illness.

National Handwashing Awareness Week is the first full week of December each year. You can obtain more info at: <http://www.henrythehand.com/>



## Holiday Stress Management

On 13 Dec 06, Oviedo Family Chiropractic will lead this Seminar in deFlorez Multipurpose Room 1200=1230. There's no need to let the Holidays turn you into a Grinch. This seminar will provide valuable techniques to help manage the season's stress.

Pre-register by sending your name, phone number, office symbol to "[shape@peostri.army.mil](mailto:shape@peostri.army.mil)" This seminar is open to all center contractors and family members (Visit Access Request required). Walk-ins are welcome.

## Automatic External Defibrillator (AED)

Sixty-one million Americans have cardiovascular disease resulting in approximately 1 million deaths per year. One-third of these deaths are due to cardiac arrest. Most often, cardiac arrest is caused by ventricular fibrillation. Defibrillation (electric shock) can restore a normal rhythm and can result in greater than 90 percent survival rate. Each minute of delay is critical to survival. For that reason, AEDs have been placed at these locations:

- (1) deFlorez 2<sup>nd</sup> Floor Stairwell #2
  - (2) deFlorez 3<sup>rd</sup> Floor south end.
  - (3) deFlorez Annex 1<sup>st</sup> & 2<sup>nd</sup> Floor near both stairs on each floor
  - (4) Research Commons 3<sup>rd</sup> & 4<sup>th</sup> Floor near Elevator area
  - (5) Partnership II 4<sup>th</sup> Floor in break area
  - (6) Partnership II 5<sup>th</sup> Floor in break area
- CPR / AED training** is on 16 Nov 06 (see Bulletin Board for course details).

## SHAPE Ideas

### .... contact:

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